

## Attachment C – IDDT Service Definitions

### **H0004C Co-Occurring Individual Counseling**

A structured, goal-oriented therapeutic process in which an individual interacts on a face-to-face basis with a counselor in accordance with the client's rehabilitation plan in order to resolve problems related to the clients documented mental disorders and substance use disorders which interfere with the client's functioning. Individual co-occurring counseling involves the use of evidence-based practices such as motivational interviewing, cognitive behavior therapy and relapse prevention. Individual co-occurring counseling may include face-to-face interaction with one (1) or more members of the client's family for the purpose of assessment or supporting the client's recovery. Eligible providers must be either a qualified mental health professional or a qualified substance abuse professional and meet co-occurring counselor competency requirements established by the Department of Mental Health.

**Limit 12 per day**

### **H0005C Co-Occurring Group Counseling**

Face-to-face, goal-oriented therapeutic interaction among a counselor and two (2) or more clients as specified in individual rehabilitation plans designed to promote clients' self-understanding, self-esteem and resolution of personal problems related to the clients documented mental disorders and substance use disorders through personal disclosure and interpersonal interaction among group members. Co-occurring group counseling utilizes evidence-based practices. Eligible providers must be either a qualified mental health professional or a qualified substance abuse professional and meet co-occurring counselor competency requirements established by the Department of Mental Health. Group size may not exceed 10 clients.

**Limit 12 per day**

### **H0025C Co-Occurring Group Education**

Informational and experiential services designed to assist individuals, family members, and others identified by the individual as a primary natural support, in the management of substance use and mental health disorders. Services are delivered through systematic, structured, didactic methods to increase knowledge of mental illnesses and substance use disorders which includes integrating emotional aspects in order to enable the participants—consumers as well as family members—to cope with the illness and understand the importance of their individual plan of care. The primary goal is to restore lost functioning and promote reintegration and recovery through knowledge of one's disease, symptoms, understanding of the "triggers" of crisis, crisis planning, community resources, recovery management, medication action and interaction, etc. Co-occurring group education will focus on evidence-based practices such as promotion of client participation in peer self-help, brain chemistry and functioning, latest research on illness causes and treatments, medication education and management, symptom management; behavior management; stress management; improving daily living skills, independent living skills; etc. Group size is limited to 20 clients. Eligible providers must have documented education and experience related to the topic presented and either be or be supervised by a qualified mental health professional or a qualified substance abuse professional who meets co-occurring counselor competency requirements established by the Department of Mental Health.

**Limit 12 per day**

### **H0031C Co-Occurring Assessment Supplement**

Clients with suspected co-occurring substance use disorders and mental disorders must receive additional assessments to document the co-occurring disorders and assess the interaction of the co-occurring disorders over time. The completion of the co-occurring assessment will be documented by the submission to the Department of Mental Health of data required by the Department, and the development of a comprehensive integrated treatment plan which utilizes evidence-based practices to address problems related to the co-occurring disorders. Eligible providers must be either a qualified mental health professional or a qualified substance abuse professional and meet co-occurring counselor competency requirements established by the Department of Mental Health.

**Limit 1 per treatment episode and annual reassessments if needed**